Muscular allonge descompensado and position

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ABSTRACT: The correct physiological amplitude of the movement, relative to each joint, depends on a good relation to articulate and a good balance of the tensions. The study it was carried through with 24 carrying individuals of adaptativos posturais problems, with age between 40 and 70 years, divided of not-probabilist form in three groups. In Group 1 the “Raggi method” was applied using the Pancafit® Original The (N=8); Group 2 carried through calistênicos exercises of low intensity the free body, with traditional muscular allonge - “Method Bob Anderson” (N=8); e Group 3, group has controlled, did not suffer to intervention some, not even medicamentosa (N=8). Arterial Hipertensão, oncológicas flebite, illnesses, escoliose ortopédica and surgical (of 25° COBB), osteoporose in advanced state, vestibolopatia, senile dementia and neurological problems had been considered exclusion criterion.

The results gotten for this research had demonstrated as the Pancafit® and the “Raggi® Method” produces important alterations in the position, with a trend to the realinhamento of the vertebral column, coming close itself to the ideal physiological parameters.

Keywords: allonge, joint, position.
Alongamento muscular descompensado e postura

A correta amplitude fisiológica do movimento, relativa a cada articulação, depende de uma boa relação articular e de um bom equilíbrio das tensões. O estudo foi realizado com 24 indivíduos portadores de problemas posturais adaptativos, com idade entre 40 e 70 anos, divididos de forma não-probabilística em três grupos. No Grupo 1 foi aplicado o “método Raggi” utilizando a Pancafit® The Original (N=8); o Grupo 2 realizou exercícios calistênicos de baixa intensidade - “Método Bob Anderson” (N=8); e o Grupo 3, grupo controle, não sofreu intervenção alguma, nem mesmo medicamentosa (N=8). Hipertensão arterial, flebite, doenças oncológicas, escoliose ortopédica e cirúrgica (> de 25° COBB), osteoporose em estado avançado, vestibolopatia, demência senil e problemas neurológicos foram considerados critério de exclusão. Os resultados obtidos por esta pesquisa demonstram como a Pancafit® e o “Método Daniele Raggi®” produzem importantes alterações na postura, com uma tendência ao realinhamento da coluna vertebral, aproximando-se dos parâmetros fisiológicos ideais.

Palavras-chave: alongamento, articulação, postura.

INTRODUCTION

The correct physiologic movement width, relative to each articulation, depends on a good relationship of the joint and of a good balance of the tensions that the muscles produce on the same (Léopold Busquet, 2002). Acting in an unbalanced postural outline, through a technique of global prolongation with the purpose of returning the elasticity, the length and the symmetry of the muscular chains, the expected result would be the reequilibrium of the postural outline and of the good relationship to the myo-articulation.

OBJECTIVE

To present investigation treats of a global prolongation method denominated “Método Daniele Raggi®”, which bases on the destensionamento of the global myo-articulation. Such method seeks the postural realignment and the pain decrease.

This way, the objective of this research is to verify the effectiveness of the “Método Raggi’s” in (with the instrument Pancafit® The Original) the posture variations in relation to the monitored parameters, looking for the postural realignment (approaching to the ideal posture parameters) and the pain decrease in the points that was present.

MATERIALS AND METHODS

Sample

The present study was accomplished with 24 individuals, bearers of adaptive postural problems, with age between 40 and 70 years. They were divided in no probabilistic way in three groups, without sex distinction or social level, chosen independently of the fact of they feel pains (unless if they found in acute phase). In the Group 1 the applied was “Raggi” using Pancafit® The Original (N=8); the Group 2 accomplished calisthenics exercises of low intensity to free the body, with traditional muscular prolongation - “Método Bob Anderson (N=8)”; and the Group 3, control group, didn’t suffer any intervention, not even with medicaments (N=8).

Was considered as exclusion criterion any type of acute or chronic condition that was out of the purposes of the present study, such as: arterial hypertension, phlebitis, ontological, orthopedical and surgical diseases (> of 25° COBB) scoliosis, osteoporosis in advanced state, vestibolopatia, senile insanity and neurological problems.

The participants of this research signed the consent term, and the experimental procedures were executed inside of the ethical norms foreseen in the Resolution no. 196, of October 10, 1996, of National Council of Health. The study had its research project submitted and approved for the Committee of Ethics in Research Involving Human beings of the University of Rome, Italy.

Procedure

The research was developed in three phases:

1st) Preliminary tests (pre-test), that consisted of a postural exam which were appraised: a) the static in erect position in the three space plans, with a classic exam of base of the tonic postural system (B. BRICOT, 1998) and the vertical of Barrè in the front plan (M. ZANARDI, 1998); b) the elasticity of the subsequent muscular chain with the test of anterior sidebending (KENDALL F.P., PROVANCE P.G.); c) the right / left asymmetries of the extrapiramidal system, with the test of marching in the same place of Unterberger (G. GUIDETTI AND D. MARCHIONI, 2002); d) the pain through the visible analogical scale (VAS).

2nd) Specific training protocol for each group.

3rd) Final tests (post-test), based on the same postural exam of the initial test.
RESULTS

1) The Illustration 1 presents the diagram with the percentile variations between the sum of the preliminary test values and the sum of the final test values, that wasn’t the physiologic ideal, found in all the subject of the three groups. Were analyzed in the three groups the happened variations and the mean in the rotation capacity of the head for the right and for the left. Among the three groups, the Group 1 was that obtained larger earnings in the postural realignment and in the head’s rotation, so much for the right as for the left.

2) In the head’s rotation, besides the increase of the mobility degree, a reequilibrium was evidenced between the rotation values for the right and for the left in the post-test. In the Illustration 2, it can be verified that the Group 1 obtained more significant results than the others, because it presented a larger number of people with symmetrical rotation in the final test.

3) The illustration 3 has the comparative analysis of the percentile variations for the vertical of Barré. Can be observed, with larger evidence, significant variations obtained by the Group 1, when compared to the other groups.

4) In the evaluation test of anterior Sidebending, disposed in the Illustration 4, were compared, in the three groups, the percentile variations of the right flexibility, left and the mean among both. In the comparative analysis among the groups, the Group 1 revealed a larger percentile increase in the bilateral flexibility and in the mean among the two sides.

5) Besides had an increase in the flexibility degree, the Group 1 obtained a return of the symmetry in the post-test, fact that didn’t happen in the other two groups. In the Illustration 5 it can be observed that, in the preliminary test, 4 of the 8 people of the Group 1, had a symmetrical flexibility degree on both sides; in the final test, all the subjects reached that result. However, in the Group 2 and in the Group 3 there were not variations.

6) The Illustration 6 presents the graph with the percentile variations between the sum of the values of the pre and post-test, which turns distant to the physiologic 0 ideal found in whole individuals of the three groups. In the Unterberger test the obtained values presented contrasting and non lineal with the values obtained in the preliminary test. Probably, that is due to the several internal (dental apparel, vestibular apparel, emotional aspect.) and external intervening variables.

In the Group 1 it is noticed that there was a reduction of the rotation, with a variation of 8% and a reduction of the anterior-subsequent movements (variation of 17%), and side-lateral (-103%). The Group 2 had a variation of 9% in the rotations, with decrease of the side-lateral (-38%) and anterior-subsequent movements (12%). In the Group 3 it was found a variation of -71% in the rotations, with reduction of 15% in the side-lateral movement and of 13% in the anterior - subsequent movement.

7) The last appraised parameter was the pain variation. In the Illustration 7 is the comparative analysis of the percentile variations. It is noticed a significant difference in the variations obtained by the Group 1 in relation to the Group 2 and, still larger, when compared to the Group 3. In the Group 1, 7 of the 8 subjects complained about one or more appraised painful symptoms through the visible (VAS) analogical scale in the preliminary test, being verified significant percentile variations in the post-test. The sum of those variations defined the global mean value of the group (mean%).

The subject 1 complained of pain in the lumbar area, with an index of 60 in the preliminary test, which decreased to 15 in the final test, and also of pain in the left part of the hip, with an index of 70, which stayed unaffected.

The subject 2 presented pain in the dorsal area, with index of 40, which went down for 15; besides pain in the lumbar area, with an index of 40, that stayed unaffected.

The subject 3 told a pain that came from the cervical area to the shoulder, with an intensity of 60, which was reduced to 30. The same individual described pain in the right pulse evaluated with the index of 100, that he showed 5 times a day and with duration of some minutes every time. In the post-test a decrease of the intensity was observed for 70 and of the frequency for approximately 2 times a day.

Illustration 1 - Percentile variations obtained in the head’s bilateral rotation

Illustration 2 - Comparative among the pre and post-test of the number of individuals that obtained the reequilibrium in the head’s rotation
The subject 4 complained about strong cervical tension, that stayed the whole day, appraised with an intensity of index 75, being 100% solved in the post-test.

The only parameter that disagrees to the monitored precedent values was the Unterberger test, which the obtained values were contrasting and not directly lineal with the precedents.

Probably, that can have occurred due to the sensibility degree of this test, because countless intervening variables that contribute to condition the final result exist. Those varied can be intrinsic to the own subject or extrinsic. For those reasons, it was not found a logical line in the obtained results.

The authors stand out although, in this method (derived of Mézières), the observation and the experience are factors that extremely condition the final result.

In conclusion, it could be demonstrated that the Método “Raggi”, associate to the apparel Pancalif®, was shown more efficient than the method used in the Group 2, reaching better postural realignment and symmetry recovery. However, the Group 3 didn’t obtain any significant variation.

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